

MEN over age 65

Measurements

- ☐ Height/Weight/BMI*/WC* **every 3 years**
- ☐ Blood pressure **every year**
- ☐ Cholesterol and fasting blood sugar **every 3 years**

Lifestyle Recommendations

- ☐ Maintain healthy body weight
- ☐ Maintain WC* less than 102 cm
- ☐ Exercise 150 min or more per week
- ☐ Recommended calcium intake from diet and supplements:
Calcium 1200mg per day and Vitamin D 800-2000 units per day

Screening (General Guidelines; may vary depending on medical history/risk factors)

- ☐ Colon cancer: FOBT* **every 2 years** until age 74
- ☐ Prostate cancer: PSA* blood test – **talk to your health care provider**
- ☐ Osteoporosis: bone density test

Immunizations

- ☐ Influenza vaccine – **yearly**
- ☐ Pneumonia vaccine – **once** (depending on medical history)
- ☐ Tdap vaccine – **once** (depending on medical history)
- ☐ Shingles vaccine – talk to your health care provider

If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Aboriginal/Southeast Asian*

The following applies:

- ☐ Smoking cessation – talk to your health care provider or Public Health Unit
- ☐ Height/Weight/BMI* and WC* **EVERY** year
- ☐ Fasting blood sugar and cholesterol check **EVERY** year
- ☐ Participate in healthy lifestyle, prevention/exercise programs

IMMUNIZATIONS FOR EVERYONE: Influenza vaccine yearly, Tetanus booster every 10 years, Twinrix – Hep A & B (optional)

*BMI = body mass index; *WC = waist circumference; *FOBT = fecal occult blood test; *PSA = prostate specific antigen



Powassan & Area

Family Health Team

A Checklist for Preventative Health Maintenance for Men Over Age 20

www.paafht.ca

MEN Age 20 – 40

Measurements

- ☐ Height/Weight/BMI*/WC* **every 3 years**
- ☐ Blood pressure **every 3 years**
- ☐ Cholesterol and fasting blood sugar **every 3 years**

Lifestyle Recommendations

- ☐ Maintain healthy body weight
- ☐ Maintain WC* less than 102 cm
- ☐ Exercise 150 min or more per week
- ☐ Recommended calcium intake from diet and supplements:
Calcium 1000mg per day and Vitamin D 800 units per day

Immunizations

- ☐ Influenza vaccine – **yearly**

If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Aboriginal/Southeast Asian*

The following applies:

- ☐ Smoking cessation – talk to your health care provider or Public Health Unit
- ☐ Height/Weight/BMI* and WC* **EVERY year**
- ☐ Fasting blood sugar and cholesterol check **EVERY 3 years**
- ☐ Participate in healthy lifestyle, prevention/exercise programs

MEN Age 40 – 65

Measurements

- ☐ Height/Weight/BMI*/WC* **every 3 years**
- ☐ Blood pressure **every 3 years**
- ☐ Cholesterol and fasting blood sugar **every 3 years**

Lifestyle Recommendations

- ☐ Maintain healthy body weight
- ☐ Maintain WC* less than 102 cm
- ☐ Exercise 150 min or more per week
- ☐ Recommended calcium intake from diet and supplements:
Calcium 1000-1200mg per day and Vitamin D 800-2000 units per day

Screening (General Guidelines; may vary depending on medical history/risk factors)

- ☐ Prostate cancer: PSA* blood test – talk to your health care provider

AFTER 50 add:

- ☐ Colon cancer: FOBT* **every 2 years**

Immunizations

- ☐ Influenza vaccine – **yearly**

If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Aboriginal/Southeast Asian*

The following applies:

- ☐ Smoking cessation – talk to your health provider or Public Health Unit
- ☐ Height/Weight/BMI* and WC* **EVERY year**
- ☐ Fasting blood sugar and cholesterol check **EVERY YEAR**
- ☐ Blood pressure **EVERY YEAR**
- ☐ Participate in healthy lifestyle, prevention/exercise programs

IMMUNIZATIONS FOR EVERYONE: Influenza vaccine yearly, Tetanus booster every 10 years, Twinrix – Hep A & B (optional)

*BMI = body mass index; *WC = waist circumference; *FOBT = fecal occult blood test; *PSA = prostate specific antigen